

**Minutes  
CHIP Mental Health Priority Team  
January 15, 2020  
Amy Levin Conference Center**

*Facilitated by: Mental Health, Addiction and Recovery Services (MHARS) Board of Lorain County*

*In attendance: Samantha Blackwell, Cleveland Clinic; Kathy Boylan, retired; Jennifer Bracken, Metro Parks; Moira Erwine, ESC; Kat Evers, Public Health; JoAnne Ferritto, Public Health; Matthew Goldman, Cleveland Clinic; Ann Hinckley-Jors, Mercy; Nicole Holt, Lorain Health and Dentistry; Rebecca Jones, Nord Center; Judy Maldonado, Mercy; Colleen O'Malley, Mercy; Vicki Montesano, MHARS; Bob Piovarchy, Far West Center; Christine Robinson, MHARS; Clare Rosser, MHARS; Darrell Shumpert, NAMI; Pamela Waite, MHARS; Elizabeth Wolanski, MHARS*

---

**CHIP Mental Health Goal: Arrest upward trend of overall suicide deaths by staying at or below the last 5-year average (2013-2017 average of 49 suicides per year, or 16 deaths per 100,000 population) for the period of 2018-2022.**

---

Recent local suicide data

- Darrell shared the latest data compiled from the coroner's office for the Suicide Prevention Coalition.
- The group reviewed the current categories to become familiar with what data is currently tracked.

National suicide trends

- Clare noted that the trends in suicide risk factors and risk groups are changing quickly and dramatically on the national level. She will send links about some of the emerging trends to the group.
- Clare noted that a rising risk group nationally that is of concern locally is African-American boys and young men.

Advocacy opportunity with the FCC

- Clare shared an opportunity to advocate with the Federal Communications Commission for a 3-digit national suicide prevention hotline.

Priority Team meeting structure

- The group discussed a meeting structure for the Mental Health Priority group, and agreed to have subcommittees related to each strategy, plus a community member advisory group.
- Members signed up for the strategies that they want to address.
- Clare will set meetings times based on availability.

Update on CHIP data tracking system

- Clare previewed the Clear Impact online data tracking system that the CHIP groups will use.

**Strategy 1: Community-based education to promote positive mental health**  
**Shorthand Objective: QPR basic suicide prevention in new settings**

Psychological Autopsy update

- Vicki provided an update and materials related to her recent PA training, and an update on the first PA case that has been identified and begun.
- Vicki recommended that members of the group read the book *The Suicidal Mind*.

Basic suicide prevention training

- The group discussed the need for CHIP members from all Priorities to receive Question Persuade Refer (QPR) basic suicide prevention training. Clare will contact the Steering Committee to determine the best way to schedule a training, and discuss the possibility of doing a train-the-trainer session as well.
- The group discussed making QPR a priority for unreached audiences that other communities have identified through a contagious-disease structure.
- Clare noted that she will send links to current trainings and events to the group after today's meeting.

**Strategy 2: Screen for clinical depression for all patients 12+ using a standardized tool**  
**Shorthand Objective: Increase # of people screened using standard tool**

Screening examples

- The group received printed copies of screening examples, including: PHQ-9, PHQ-A, BSAD, and the MindWise online screening.
- Liz agreed to find and share a screening example that was in development with another group.
- Christine noted that the Substance Use Priority also has a strategy related to screenings. We can have participants from both Priorities serve on the screenings subcommittee.

**Strategy 3: School-based prevention programs and policies**  
**Shorthand Objective: Offer new or expanded youth programs that influence mental health outcomes for 8th to 12th graders**

Suicide Prevention Coalition Children's subcommittee update

- Liz provided an update on current projects, including the PAX Good Behavior Game and the *On My Honor* book project.

Inventory process update

- Liz noted that she and Moira from the Educational Service Center (ESC) have not yet had a chance to meet regarding this topic.

### Updates from group for suicide prevention

- Nicole noted that Lorain Health and Dentistry has increased the frequency of their screenings, and she will provide updates on that in the Screenings subcommittee.
- Jennifer shared about the Metro Parks collaboration with the MHARS Board on suicide prevention.
- Kathy noted the lack of spaces for seniors to gather and socialize, touching on the suicide risk factor of social isolation.

### Trainings and events

Free suicide prevention trainings are available here: <http://mharslc.eventbrite.com/>

Understanding INTENTIONALITY in Opioid Deaths: An Evening With Dr. Thomas Gilson, Cuyahoga County's Medical Examiner, Feb 4, 6 pm

<https://cornerstoneofhope.org/cleveland/wp-content/uploads/sites/3/2019/12/Understanding-Intentionality-In-Opioid-Deaths.pdf>

### Articles/information

Suicide Data Reveal New Intervention Spots, Such as Motels and Animal Shelters

<https://www.scientificamerican.com/article/suicide-data-reveal-new-intervention-spots-such-as-motels-and-animal-shelters/>

More Americans are killing themselves at work

<https://www.washingtonpost.com/cdn.ampproject.org/c/s/www.washingtonpost.com/health/2020/01/09/more-americans-are-killing-themselves-work/>

Suicide is growing health crisis for African American youth

<https://www.nbcnews.com/news/nbcblk/suicide-mental-health-crisis-among-african-american-youth-n1063276>

Why are Young American Killing Themselves? Opinion

<https://www.nytimes.com/2020/01/06/opinion/suicide-young-people.html>

Record number of US police officers died by suicide in 2019, advocacy group says

<https://abcnews.go.com/Politics/record-number-us-police-officers-died-suicide-2019/>

A Construction Company Embraces Frank Talk About Mental Health To Reduce Suicide

<https://www.npr.org/sections/health-shots/2019/12/12/783300736/a-construction-company-embraces-frank-talk-about-mental-health-to-reduce-suicide>